

Potato Skins with Buffalo Chicken

Prep time: 45 minutes

Makes: 4 Servings

This lively dish gives a nod to buffalo chicken wings but without extra fat and calories. Start with a foundation of nutritious potatoes, naturally high in potassium, vitamin C, and fiber, and replace fried wings with shredded chicken breast and top with fresh tomatoes and onions. Don't forget the celery sticks.

Ingredients

12 ounces boneless, skinless chicken breast
1 cup water
4 medium russet potatoes (about 6 oz each)
3 tablespoons hot pepper sauce
1/4 cup non-fat milk
1/4 cup fat-reduced sour cream
2 tablespoons margarine
1/4 cup crumbled blue cheese
2 green onions
2 medium tomatoes
4 celery stalks

Directions

1. Center oven rack and preheat oven to 425 °F.
2. Place chicken in a sauté pan, add water, and cover. Simmer for 20 minutes and remove from pan; let cool slightly. When chicken is cool enough to handle, shred using two forks, one in each hand.
3. While chicken is simmering, wash and scrub potatoes



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	360	
Total Fat	12 g	18%
Protein	20 g	
Carbohydrates	44 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	4 g	20%
Sodium	550 mg	23%

MyPlate Food Groups

Vegetables	2 1/4 cups
Protein Foods	1 1/2 ounces
Dairy	1/4 cup

with a clean vegetable brush under running water and slit each one lengthwise about 1-inch deep.

4. Place potatoes in a microwave-safe dish and microwave on high, uncovered, for about 10 minutes. Let cool slightly.

5. Slice each potato in half length-wise, scoop out potato, leaving a 1/4 inch shell. Mash potato together with hot pepper sauce, sour cream, margarine, and milk. Fold in blue cheese and shredded chicken.

6. Spoon mixture into potato skins slightly denting center (to hold fresh toppings after baking).

7. Place filled potato skins on a 9x13" baking sheet and bake about 15-20 minutes until tops are golden brown.

8. Dice tomatoes and green onions. Cut celery stalks into four inch sticks.

9. To serve, top potatoes with onions and tomatoes. Serve celery sticks on the side for scooping potato contents.

Notes

Serving Suggestions: Serve with a glass of non-fat milk and apple slices.